

Minnesota's Children's Cabinet

Golaha Ilmaha ee Minnesota

Waxa naga go'an ilaalinta amaanka, caafimaadka iyo fayobida ilmaha. Hoos waxaa ku xusan khayraadyo gargaari kara adiga iyo qoyskaaga xilligan COVID-19 uu dillaacay.

Habraaca COVID-19

Akhbaaraha ugu dambeeya ee ku saabsan cudurka COVID-19, fadlan ka eeg shabakada (website) [Waxda Caafimaadka ee Minnesota \(Minnesota Department of Health\)](#) ama wac khadka telefanka hay'ada MDH ee COVID-19 ka waqtiyada 7 subaxnimo ilaa 7 fiidnimo (turjubaano ayaa lagu heli karaa).

- **Su'aalaha caafimaadka ku saabsan:** 651-201-3920 ama 1-800-657-3903
- **Khadka telefanka Rugta Hawlgaladda Degdega ah:** 651-297-1304 ama 1800 -657-3504
- **Su'aalaha iskuulada iyo haynta ilmaha ku saabsan:** 651-297-1304 ama 1-800-657-3504

Akhbaar caafimaadka ku saabsan waxaa la heli karaa iyadoo luuqado kale ah oo ay ku jiraan [sida loo dhaqdo gacmaha \(how to wash your hands\)](#).

Caafimaadka Dhimirka, Fayobida iyo ilaha Baahida Caafimaad ee Gaarka ah

Iminka, si ka badan sidii hore waa muhiin in cid walbaa ay hesho daryeelka caafimaadka dhimirka ah ee ay u baahan tahay si caafimaadkoodu u sugnaado. Hay'adaha gobolka ayaa si wada jir ah uga wada shaqeynaya taa si loo hubiyo in adeegyada caafimaadka ee dhimirka ay helaan dadka reer Minnesota, oo ay ku jiraan ilmaha, dhalinyarada iyo qoysaskuba, iyo in lagu xiro ururo aan dowli ahayn si loo gargaaro cidii u baahan gargaar, oo ay ku jiraan telefoon ku daryeelid bedesha booqashooyinkii rugaha caafimaadka iyo gargaaro kale oo fayobida ah si looga caawiyo qoysaska wajahaan xaaladahan cusub.

Booqo bogga Gargaarada Caafimaadka Miyirka ee COVID-19 ee [Mental Health Supports page](#) si aad uga hesho akhbaar ku saabsan khadadka, ururada iyo gargaarada kale. Khayraadyada fayobida miyirka xilliga cudurka COVID-19 ayaa halkan laga heli karaa halkan ([here](#)). **Khadadka** caafimaadka miyirka waxa ay bixiyaan gargaar ama cawinaad lacag la'aan ah si ay u gargaaraan ama u cawiyaan dadka reer Minnesotaanka ah ee ay haystaan dhibaatooyin iyo walwal dhanka miyirka ah. Khayraadyada arrimahaa ayaa **hoos** ku xusan.

- **Khadka Qoraal/dhambaal (text) u Dirka (Crisis Text Line):** Gurmad degdeg oo 24/7 saac ah ayaa diyaar ah haddii adiga ama qof aad taqaani uu leeyahay waali ama ay haysato dhibaato xagga caafimaadka dhimirka ah.
 - Dhambaal (text) u dir "MN" lambarka 741741
- **La xiriiirida Gurmadka Degmada** – ka hel lambarada telefoonada gurmadka caafimaadka dhimirka ee degmada halkan:
 - [Lambarada Gurmadka Degdega ah ee Caafimaadka Dhimirka ee Dadka waaweyn \(Adult Mental Health Crisis Response Numbers\)](#)
 - [Lambarada Gurmadka Degdega ah ee Caafimaadka Dhimirka ee ilmaha \(Children Mental Health Crisis Response Numbers\)](#)
- **Minnesota Warmline:** ma tahay qof weyn oo u baahan gargaar? La hadal qof qaabilsan khibradna u leh arrintaadda oo asaga laftiisu waayo aragnimo u leh cudurada ku dhaca dhimirka.
 - Wac 651-288-0400 ama dhambaal (text) ugu dir "Support" lambarka 85511

- **Khadka Ka Hortagga Isdilka (National Suicide Prevention Lifeline):** khadkan 24/7 saac -tobobada cishaba furani waxa uu bixiyaa gargaarka kolka aad isku buuqsan tahay, wuxuuna kuu hayaa ka hortag iyo ilo wax ka qabta dhibka adiga ama ehelkaa, iyo khayraadyo loogu talagalay xirfadlayaasha.
 - wac 1-800-273-TALK (8255)
- **Khadka Isticmaalka Maan-dooriyeyaasha iyo Maareynta Masiibada iyo Walwalyada ee Adeegyada Caafimaadka Dhimirka (Substance Abuse and Mental Health Services Administration Disaster Distress Helpline):** waxa uu fidiyaa talosiin iyo gargaar haddii adiga ama qof qoyska ahi uu dhib maskaxiyah ah haysto oo la xiriiramaasiibo.
 - Wac: 1-800-985-5990

Fadlan sidoo kale tixgeli inaad kala xiriirto hay'ada [[National Alliance on Mental Illness \(NAMI\) Minnesota](#)] [khadka telefanka](#) (1-888-NAMI-Helps / 1-888626-4435) ama mida ([Minnesota Association for Children's Mental Health](#)) [khadka telefanka](#) ah (800-528-4511) si aad caawimaad uga hesho, ama aad u dhexgasho habka caafimaadka miyirka, si aad gargaar iyo khayraadyaba uga hesho.

Si wax looga qabto cudurka COVID-19, hay'adaha gobolku waxa ay sameeyeen wadaagaana khayraadyo si loo gargaaro fayoobida dhimirka ilmaha iyo qoysaska kolka ay noloshooda wax ka bedeleen si ay u caawiyaan joojinta faafida COVID-19. Ilaha hadda jira waxa ku jira:

- [Gargaarida Hirgelinta Dhimirka xilliga lagu Jiro COVID-19 \(MDH\) \[Supporting Mental Promotion during COVID-19 \(MDH\)\]](#)
- [Ilaha Caafimaadka Dhimirka iyo Hab-dhaqanka xilliga lagu Jiro COVID19 \(MDH\) \[Mental and Behavioral Health Resources During COVID19 \(MDH\)\]](#)
- [Gargaarida dadka naafada ah xilliga lagu Jiro COVID-19 \(Supporting people who have disabilities during COVID-19\)](#)

Waalidiinta iyo daryeel-bixiyeyaasha (khaasatan kuwa ay u joogaan ilmaha baahida gaarka ah qaba) ee doonaya inay la hadlaan waalidiinta kale si ay isu kaalmaystaan ama u baahan caawimaad kali-kali ah si u fahmaan khayraadyada, Minnesota waxa ay leedahay dhowr urur oo caawin kara oo ay ku jiraan:

- [Disability Hub MN](#) waxa ay siisaa adeego lacag la'aan ah oo akhbaar, gudbin iyo gargaarba ah oo gobolka oo dhan ah dadka naafada ah, jirran, iyo wakiiladooda waxa ayna ku xirtaa adeegyada ururada bulshada.
- [Family Voices of Minnesota](#) waa urur waalidku maamulo oo siiya akhbaar, khayraad iyo gargaar qoysaska ay u joogaan ilmaha baahida gaarka ah qaba ama naafada ah.
- [PACER](#) waa urur khayraadyo siiya qoysaska ay u joogaan ilmaha naafada ah oo ay ku jiraan taakuleyn waalidiinta ah iyo shaqaale diyaar u ah inay caawiyaan qoysaska khadkooduna waa 952-838-9000 ama pacer@pacer.org.

Lacag Cadaan ah iyo Gargaar Dhaqaale

Xilligan cudurku dillaacay, Qaar ka mid ah sharuudahii barnaamijyada iyo adeegyada lagama maarmaanka ah waa la iska saamaxay ama wax baa laga bedelay si loogu ogolaado dadka reer Minnesota inay helaan gargaarka ay u baahan yihiin. [Boggan shabakada Hay'ada DHS ka \(This DHS webpage\)](#) waxa uu bixiyaa guudmar ku saabsan isbedeladda lagu sameeyey barnaamijyada gargaarka ah ee ay dowladu u bixiso, sida, barnaamijyada [Minnesota Family Investment Program (MFIP)], [Child Care Assistance Program (CCAP)], iyo [Supplemental Nutrition Assistance Program (SNAP)], ee dadka hada ka qaata ama kuwa doonaya in ay codsadaan mustaqbalku ay tahay inay ogaadaan. Liis buuxa oo ka hadlaya [Saamaxaadda ku meelgaarka ee Waaxda Adeegyada Bulshada ee Minnesota \[Temporary waivers from the Minnesota Department of Human Services ayaa halkan laga heli karaa \(here\).\]](#)

Khayraadyadan soo socda ayaa la heli karaa haddii adiga, ama qoyskaaga ama cid aad taqaano ay u baahan tahay gargaar dhaqaale:

- **Bridge to Benefits:** [aaladan baarida ah ee ku salaysan shabakada weysaytka](#) axa ay kaa caawin kartaa inaad ogaato inaad xaq u leedahay barnaamijyada gargaarka dadweynaha, oo ay ku jiraan, SNAP, WIC, Barnaamijka Cuntada Iskuulka, Barnaamijyada Daryeelada Caafimaad ee Minnesota, Gargaarada Tamarta, iyo Haynta Ilmaha.

- **ApplyMN:** [Codsigan shabakadu](#) waxa uu kugu xiri karaa adeegyada degmada iyo gobolka si ay kaaga caawiyaan ka soo bixida baahida aasaasiga ah ee adiga iyo qoyskaaga. Isticmaal si aad u codsato [lacag cadaan ah, Barnaamijka Manfacyada Gargaarka Kabida Nafaqada \[Supplemental Nutrition Assistance Program \(SNAP\)\]](#), [Gargaarada haynta ilmaha \(child care assistance\)](#), iyo Gargaarada Degdeg ah. Wac 651-431-4000 si aad u waydiiso wixii su'aalo ah ee qabto.
- **Gargaarada Degdeg ah:** Qoyskaagu waxaa dhici karta inuu xaq u yeesho gargaar si wax looga qabto baahi degdeg ah, sida bixinta kirada ama biilasha korontada. La xiriir [hay'ada adeegyada bulshada ee degmadaada ama qabaaalka](#) si aad wax uga ogaato helitaanada, xaq u yeeladka iyo sida loo codsado.
- **Ha'yadaha Waxqabadka Beesha (Community Action Agencies):** [Shabakadani waxa ay aruurisaa](#) ilaha, gobolka, deegaanka, iyo kan dowlada dhexe ee caawin kara dadka iyo qoysaska danyarta ah.
- **Khadka telefanka Khayraadyada Caawimaada ee United Way 211 (United Way 211 Resources Helpline).** United Way 211, waxa uu bixiyaa akhbaar caafimaad oo xafidan oo lacag la'aan ah oo ku saabsan caafimaadka iyo adeegyada bulshada. Khadka 211 waxaa heegan ku ah [24/7](#) saac shaqaale loo carbiyey gaarna u qaabilsan Khayraadyada Bulshada ka jira kuwaa oo qiimeeya baahida kuuna fidin kara diritaano ku salaysan caawimaada aad raadinayso. Wac 2-1-1, dhambaal (text) ugu dir ziib koodkaaga lambarka 898-211 ama [boogo shabakada \(website\)](#) si aad khadka telefanka (online) ka aad ugula hadasho Qaabilsane Khayraadyada Bulshada ka jira.

Gargaarada Shaqaalaha Shaqo La'aan ah: haddii shaqadii ay kaa dhamaatay, ama saacadahaagii si weyn loo yareeyey, ama aadan awoodin inaad shaqayso iyadoo sababtu tahay cudurkan COVID-19 ee dillaacay, waa inaad codsato manfacyada Shaqaalaha Shaqo la'aanta noqda [Unemployment Insurance (UI)] la siiyo. Si aad u hesho akhbaar dheeraad ah oo ku saabsan manfacyada Shaqaalaha Shaqo la'aanta noqda (Unemployment Insurance) ama si aad u codsato manfacyo kale, booqo [www.uimn.org](#). Hel [akhbaar kale oo ku saabsan manfacyada shaqaalaha shaqo la'aanta ah ama ka codso halkan. \(information about unemployment insurance or apply here\)](#). Gudoomiyaha gobolku waxa uu qaaday talaabo si uu ugu ogo laado bixin degdeg ah oo ah manfacyada shaqaalaha shaqo la'aanta ah, waxa uuna ka saamaxay shaqooyinka lacagahii dulsaarka ahaa ee la saari jiray. Sidoo kale, Koongarayisku waxa uu meelmariyey sharci siinaya \$600 oo dheeraad ah asbuucii dadka qaata lacagta shaqaalaha shaqo la'aanta ah la siiyo, waxa uun sharcigu dheereeyey mudadda manfacyada 13 asbuuc, wuxuu kaloo uu u abuuray barnaamij cusub dadka shaqo la'aanta ah iyadoo sababtu tahay COVID-19, laakiin aan awoodin inay qaataan manfacyadda shaqaalaha shaqo la'aan ah la siiyo. [Akhbaar dheeraad ah](#) oo ku saabsan barnaamijyada (UI) da ee dadka iskood u shaqeysta ayaa la heli karaa. Dadka iskood u shaqeystaa waa inay raacaan [Tilmaamaha talaabo-talaabadda ah](#). **Waa aad u dalban kartaa manfacyada shaqaalaha shaqo la'aanta ah la siiyo ee caadiga ah siyaabahan soo socda:**

- Khadka (online): waxaa uu furan yahay **Axadda** ilaa iyo **Jimcaha** laga bilaabo 6 da subaxnimo ilaa iyo 8 fiidnimo. Raac tilmaamaha talaabo-talaabada ah ee ku saabsan sida loo dalbado hadii aad iskaa u shaqeysato.
- Telefanka: Caawimaadaha codsiyada waxaa la heli karaa **Jimcaha** laga bilaabo 8 da subaxnimo ilaa iyo 4:30 galabnimo.

Caymiska Daryeelka Caafimaadka

Barnaamijyada Gobolka

Gobolka Minnesota waxa uu fidiyaa barnaamijyo iyo khayraadyo kaa caawin kara inay ka gargaaraan adiga iyo qoyskaaga dhanka caafimaadka xilligan lagu jiro ee uu cudurka COVID-19 dillaacay.

Mudadii gaarka ahayd ee u furnayd isqorida MNSure si wax looga qabto cudurka COVID-19 waxa ay dhamaatay Abriil 21 keedii. Hase yeeshee, hadii xaaladaadu isbedeshay cudurka COVID-19 ama dartiis, sida dakhli la'aan ama kaarkii caafimaadka shaqada oo shaqadii oo lagaa eryey aad u wayday, waxaa dhici karta inaad xaq u yeelato isqorid. Qoysaska xaqqa u leh waxa ay is qori karaan kaararka Medical Assistance iyo MinnesotaCaremarkii ay rabaan. Ku ogow xaq u yeeladka ama akhbaarta helitaanka [af kale](#). **Xirfadlayaal kaararka caymiska caafimaadka qaabilsan ayaa la heli karaa si ay kuu siiyaan gargaar MNSure ka ku saabsan oo lacag la'aan ah si ay kaaga caawiyaan inaad sidii la rabay isu qorto.** Hel gargaar adigoo isticmaalaya Aalada [\(MNSure's Assister Directory\)](#).

Waa la joojiyey cusboonaysiintii kaararka caafimaadka ee adeegyada joogtada ah ee Barnaamijyada Daryeelada Caafimaad ee Minnesota (Minnesota Health Care Program) mudaddan lagu jiro xaalada degdega ah. Haddii adiga ama qof qoyskaaga xubin ka ahi aad lahaydeen kaararka Medical Assistance, Minnesota Coverage, ama Barnaamijka Kaarka Caafimaadka ee Ilmaha (Children's Health Insurance Program), hawshii cusboonaysiintii sanandlaha ahayd waa la joojiyey xilligan uu cudurka COVID-19 dillaacay. Isqorida barnaamijyada wali waa ay furan tahay oo waa la heli karaa.

Baaritaanada cudurka COVID-19 waa lacag la'aan dad badan oo reer Minnesootan ah oo aan lahayn kaarar caafimaad, sharciga dowladda dhexe ayaana faraya shirkadaha kaararka caafimaadka inay bixiyaan kharashyada baaritaanada dhiiga ee cudurka iyadoon wax lacag ahi uga bixin qofka is baaraya. Haddii aadan lahayn kaar caafimaad, kolka aad tagto meesha lagu baarayo waydii daryeel-bixiyahaaga [codsiga lacag la'aanta ah ee iska baarida COVID 19 \(application for free COVID-19 testing\)](#). Daryeel-bixiyaha ayaa u diri doona codsiga gobolka kuna dalici doona gobolka kharashka baarida haddii aad ka soo baxdo shuruudaha xaq u yeeladka. Wixii akhbaar ah ee ku saabsan baaritaanada cudurka COVID-19 ka ama helida goobaha la isku baaro, ka hel halka [adigoo riixaya, \(click here\)](#).

Qorshayaasha Caafimaadka ee Minnesota

Hogaamiyayaasha gobolku waxay iska kaashadeen qorshayaasha caafimaadka ee ururada sama-falka ee deegaanada ka qaadida carqaladaha horyaal daryeelada iyo kaararka caafimaadka xilligan uu cudurka COVID-19 dillaacay. Tixraac habraaca qorshahaaga caafimaad si aad si fiican ugu fahamtid isbedelada gaarka u ah kaarkaaga.

Qaar ka mid ah isbedelada xubnaha ku jira kaararka **caafimaad ee ganacsiga ah** waxaa ku jira:

- **Kharash la'aan isaga baarid COVID-19.** Dadka reer Minnesota wax lacag ah oo la xiriira baarida COVID-19 laguma soo dalaci doono.
- **Kharash la'aan isbitaal dhigida la xiriirta COVID-19.** Qorshayaasha intooda badani xubnaha wax lacag ah laguma soo dalici doono haddii ay u baahdaan in isbitaal loo dhigo COVID-19 awgii ayna isticmaalaan isbitaal kaarkoodu xiriir la leeyahay.
- **Helitaanka Daryeelada telefoonka.** Qorshayaasha intooda badani iyo daryeel-bixiyayaashu waxa ay kordhiyeen adeegyada telefoon ku daryeelka ah, kaas oo u ogolaada dadka reer Minnesota inay helaan daryeelka ay u baahan yihiin iyagoo gurigooda amaan ku ah.

Kaararka Caafimaadka ee shaqaddu waa kala duwanaan karaan. Qaar badan oo dadka reer Minnesota waxa ay haystaan kaar caafimaad oo shaqo, oo leh nidaamyo u gaar ah. Gobolka Minnesota kuma khasbi karo manfacyadaas oo dhan inay bixiyaan kaararka shaqadu, laakiin waxa uu ku dhiiri galiyaa in shaqooyinku ay bixiyaan manfacyo la mid ah kuwa loo bixiyo COVID-19 awgii.

Ilaaha kale ee Daryeelada Caafimaad

- [Adeegyada Ilkaha ee Ilmaha \(Children's Dental Services\)](#) waxa ay sii wadaan inay u fidiyaan adeegyada baarida iyo nadiifin ilkaha ah ilmaha ka yar 26 ka sanno iyo haweenka uurka leh ee da' walba ah. Waxa ay ugu fidiyaan daryeel degdeg ah cid walba oo bukaan ah da' walba ha jiraan ama ha haystaan kaar caafimaad ama yeysan haysanine, kuwaa oo ay ku jiraan bukaanada baahida gaarka ah leh, rugtoda caafimaad ee ku taal ciwaan 728 E. Hennepin Ave. iyo 636 Broadway St. NE in Minneapolis. Kaararka caafimaad intooda badan, oo uu ku jiro Medical Assistance, waa la qaataa, khadmad dakhliga ku xiran iyo adeegyo lacag la'aan ah ayaa loo fidiyaa cidii aan lahayn kaar caafimaad. Balamaha waxaa la heli karaa Isniinta ilaa iyo Jimcaha laga bilaabo 8:00 ilaa iyo 5:30, Sabtida 9 ilaa iyo 1 duhurnimo. Haddii aad u baahan tahay daryeel degdeg ah oo dhanka ilkaha ah, fadlan wac telefanka 612-7461530 ama kan ah 866-543-6009.
- [Tilmaamaha Daryeelada Caafimaad ee Jaban ee MN \(The MN Low-Cost Health Care Directory\)](#) waa liis ay ku qoran yihiin rugaha daryeelada miyirka, ilkaha, ama caafimaadka guud ee jaban ama lacag la'aanta ah. Tilmaamahan waxaa isku soo duway hay'ada la yiraa (Children's Defense Fund-Minnesota) si ay uga caawiyaan dadka reer Minnesotanka ah ee aan kaarka caafimaad lahayn iyo kuwa kaarkoodu uusan wax walba wada bixin inay helaan daryeelo caafimaad oo aygo'yn karaan

Guryaha

Khayraadyadan iyo isbedeladan soo soca waxa ay caawiyaan in la hubiyo in dhamaan dadka reer Minnesota ay helaan goob amaan ah oo ay Joogaan xilliga Amarkan Guriga Joogida ah uu jiro (Stay at Home order).

- [Akhbaar iyo ilo ku saabsan guryaha Minnesota](#). Bartan (site) waxa ay bixisaa akhbaar iyo khayraadyo badan oo kala duwan oo caawin kara kiraystayaasha, mulkiilayaasha guryaha, iyo amaah-bixiyeyaashaba. Waxaana ku jira Su'aalaha Inta badan la Iswaydiiyo (FAQs) iyo akhbaar afaf-badan ku qoran.
- [Akhbaar iyo -ilo ku saabsan ka Hortagga Takoorida iyo ka Saarida guryaha](#). Bartan (site) oo iska kaashanayaan hay'ada Guryaha ee Minnesota iyo Waaxda Xaquuqda Aadanaha waxa ay bixisaa akhbaar afaf-badan ku qoran. La xirii Khadka tooska ah ee caawimaada ee Minnesota ee Waaxda Xaquuqda Aadanaha ee ah 1-833-454-0148 ama [khadka halkan](#). Adeegyo Turjubaanid/ Turjubaanid ah ayaa la hayaa.
- **Khadka telefanka Tooska ah ee tacadiga iyo Gacanqaadka Qoyska Dhexdiisa ah (Domestic abuse and violence hotline)**. Waxaa jira goobo gabaad ah oo u furan cidii ay haystaan dhibaato ah tacadi iyo gacanqaad, faraxumayn, ama dhalaysi. Wac khadka gobolka Minnesota oo dhan ah (Minnesota's statewide crisis hotline) ee ah 1-866-223-1111, kaa oo ah mid 24-saacba ka furan oo gobolka oo dhan, oo ay leeyihiin dhibanayaashu ama dhambaal (text) u dir lambarka 612-399-9995. [Ka ogow](#) wax badan oo arrintaa ku saabsan ([Cornerstone](#)) iyo (Day One Services) halkan ([here](#).)

Joojinta guryo ka saarida xilligan cudurka COVID-19

Si loo ilaaliyo caafimaadka iyo fayoobida dadka reer Minnesota xilligan cudurku dillaacay ayaa Gudoomiyaha gobolku waxa uu saxiixay amar joojinaya guryo ka saaritaanada. Hase yeeshee, kiraddii lama yareyn lamana saamaxin waqtigan hadda ah. Kolka ay joojinta guri ka saaridu dhamaato mulkiilayaasha guryahu waxa ay xareysan karaan ashtakooyin guri ka saarid ah, sharciyada guri ka bixinta ahna waa la fulin karaa kolkaa. Ku bixin la'aanta kiradda waqtigii la rabay in la bixiyo waxa ay saameyn kartaa kiridhodkaaga ama waxa ay dhalin kartaa dhibaatooyin saameyn kara mustaqbalka guri helidaadda. Halkan waxaa ku qoran khayraadyo fidiya akhbaar dheeraad ah:

- **Akhbaar dheeraad ah oo ku saabsan Amarka Sare (Executive Order)**. [Dukumiintiga Su'alaha inta badan la iswaydiiyaa](#) waxa uu bixiyaa akhbaar dheeraad ah oo ku saabsan amarka joojiyey guriga ka saaritaanada. (Sidoo kale waxaa la heli karaa amarka isagoo ah afafka ku qoran [[Isbaanishka](#), [Hmoongka](#), iyo [Soomaaliga](#)].
- **Gargaar Degdeg ah**. Haddii aad tahay kirayste aadna u baahan tahay gargaar degdeg ah, la hadal mulkiilaha gurigaagga. Waxaad kaloo la xiriiri kartaa [hay'adaha adeega bulshada ee Degmadda](#), [United Way](#), Ha'yada Waxqabadka Beesha (Community Action Agency), ama Waaxda Adeega Bulshada (Department of Human Services).
- **Gargaar Sharci**. Haddii aad tahay kirayste, waxa aad heli caawimaad dhanka sharciga ah oo arrimo badan quseeysa, oo ay ku jiraan hagaajinaddu, guri ka saariddu, lacagta dabaajiga ah, ku xad-gudubka xaquuqdaadda ee mulkiilaha guriga iyo wax kale oo badan. Wac Khadka HOME Line's ee ah 612-728-5767.

Haddii aad hesho ogaysiis guri ka saaritaan ah. Haddii aad hesho ogaysiis guri ka saaritaan ah xilligan xaaladda degdeg ahi ay jirto, waxaad la xiriiri kartaa xafiiska Xeer-Ilaaliyaha Guud (Attorney General's) si aad u [ashtakooto](#).

Mulkiilayaasha guryaha: haddii aad tahay mulkiile guri oo dhib ka haysto bixinta deynta guriga, waxaa jiri kara waxyaabo aad sameyn kartid. Akhbaar waxaa laga heli karaa shabakada (website) [Shabakada Hogaanka Dhaqaalaha Macmiilka \(Consumer Financial Bureau website\)](#).

Adeegyada iyo Tiknoolajiyada

Bixinta korontadu iyana waxaa dhici karta inay xaq u yeelata sida ku qoran gargaaradda dhaqaale ee degdeg ah ee kor ku xusan. Qaar badan oo ka mid ah shirkadaha telefoonada, mareegaha khadka internetka ku waxa ay saxiixeen waxa la yiraa "[balanqaadka Mareykanku inuu Xiriirsanaado](#)" ("[Keep America Connected Pledge](#)") mana ay goynayaan adeegyada ama waxa ay fidinayaan qorshayaal cusub oo kale oo wixii lacag ah lagu bixinayo. Qaar badan oo ka mid ah adeeg bixiyeyaashaasi sidoo kale, waxa ay furayaan qaabab ay dadku hawada (hotspots) uga qabsadaan mareegaha iyo u fidin Wi-Fi lacag la'aan ah ardayda iyo qoysaska danyarta ah.

- **Barnaamijka Gargaarka Tamarta [The Energy Assistance Program (EAP)]**: Barnaamijkani waxa uu ka caawiyaa bixinta kharashyada kulaylinta guryaha iyo hagaajinta kulayliyaha (Faarnisyada) qoysaska dakhli

ahaanta xaqqa ugu yeesho. Ka ogow sida loo [codsado \(apply\)](#) bixiyaha Gargaarka Tamarta ee Deegaankaaga ilaa Luulyo 1 deeda.

- **Comcast:** Qoysaska xaqqa u leh barnaamijyada sida Baraamijyada Qadadda Iskuulada ee Qaranka (National School Lunch Program), Ka Gargaarida Guryaha (Housing Assistance), Medicaid, SNAP, SSI, waxa ay codsan karaan Barnaamijka la Yiraa (Comcast's Internet Essentials) si ay u helaan adeegyada shabakada ah (internet) oo bishii la bixinayo \$9.95 iyo canshuurteeda. Wixii akhbaar ah ee ku saabsan arrintaa iyo sida loo codsado waxaa laga heli karaa [halkan \(here\)](#). Comcast waxa ay lacag la'aan ugu furaysaa aaladeeda khadka internetka ah (Xfinity Wi-Fi Network) ah wadanka oo dhan, waxa ayna leedahay [barnaamij looga yareeynayo kharashka gadashada aaladaha cidii xaq u yeelata](#).
- **Hay'ada (Minnesota Afterschool Advance)** waxa ay ka caawin kartaa qoysasku inay gataan aalada Chromebooks oo qiimaheedii 75% la yareeyey iyagoo adeegsanaya u sii hormarin lacagta Canshuurta ee Waxbarashada ee Gobolka (State K-12 Education Tax Credit). [Ka ogow inaad taa xaq u leedahay halkan \(here\)](#).

Daryeelida Ilmaha

Cudurkan COVID-19 ee dillaacay waxa u saameyn weyn ku yeeshay adeegyada daryeelida ilmaha, ee qoysaska iyo daryeel-bixiyeyaasha labadaba . Halkan, hoose waxaa ku xusan ilo caawin kara arrintan.

- **Qoysaska raadinaya haynta ilmaha.** Haddii aad tihiin qoys u baahan ilmo hayn, waxa aad ka heli kartaan khayraadyo iyo khariidada goobaha ilmo haynta ee furan shabakada mn.gov/childcare ama Khadka Telefanka Wargelinta Waalidka (Parent Aware Hotline) ee ah 1-888-291-9811 si lagu gargaaro.
- **Bixiyeyaasha daryeelada ilmo haynta.** Goobaha ilma hayntu waa ay furnaan karaan. Bixiyeyaasha daryeelada haynta ilmaha waxaa lagu dhiiri galinayaa inay mudnaanta koowaad siiyaan ilmaha shaqalaaha lagama maarmaanka ah iyagoo adeecaya habraacyada caafimaadka dadweynaha iyo akhbaarta ku jirta shabakada mn.gov/childcare. Waxa aanu ku dhiiri galinaynaa daryeel-bixiyeyaashu [inay si joogta ah u cusboonaysiiyaan xaaladooda iyo mugooda si ay uga caawiyaan inay helaan qoysaska u baahan ilmo haynta](#).
- Wixii su'aalo khaas ah oo ku taxa-luqa goobtaada haynta kala xiriir Iskuulka MDH iyo kooxda haynta ilmaha shabakada ah health.schools.covid19@state.mn.us.

Barnaamijyada Xagaaga ee Dhalinyarada

Barnaamijyada dhalinyarada waa la ogol yahay inay u adeegaan ilmaha xilliga xagaaga. Waaxda Caafimaadka (Department of Health) habraaceeda dhalinyaradu ([youth guidance](#)) waxa uu guudmaraa sida si amaan ah loogu hir-geliyo barnaamijyada dhalinyarada iyo ardayda iyo iskuulka xagaaga. Sugida caafimaadka iyo amaanka ilmaha, ardayda, macallimiinta, shaqaalaha, iyo qoysaskuba waa mudnaantayada koowaad. Haddii barnaamij uusan u hogaansami karin habraacyada ilaalinta caafimaadka dadweynaha, lama hir-gelin karo waqtigan. Khayraadyo dheeraad ah ayaa waxaa laga heli karaa shabakadaha [Waaxda Caafimaadka ee Minnesota \(Minnesota Department of Health\)](#) iyo Xarumaha Xakameynta iyo ka Hortagga Cudurada ([Centers for Disease Control and Prevention](#)).

Ilaha Cuntooyinka

Haddii adiga, qoyskaaga, ama qof aad taqaan uu dhib ka haysto helida cunto, halkan hoose waxaa xusan liisaska khayraadyada iyo barnaamijyada idin caawin kara. Si joogta ah uga eeg wixii ku soo kordha shabakada [Gargaarka Cuntooyinka ee COVID 19 \(Food Support\)](#).

- **Hunger Solutions Minnesota (Xalalka Gaajada ee Minnesota).** Barnaamijkan waxa uu ka shaqeeyaa ciribtirka gaajada ee gobolka oo dhan. Taa waxaa ku jirta [khariidad sheegaysa goobaha ay ka jiraan cunto lacag la'aan ah ama jaban oo ilmaha la siiyo , ama khariidad sheegaysa meelaha cuntada macaawinada ah laga bixiyo, dukaamada gada cuntada jaban iyo khayraadyo kale](#) . Khadka Macaawinada cuntadu sidoo kale waxa uu eegi karaa xaaladaadda waxa uuna ku siin xalal. Haddii dhib kaa haysto awoodida gadashada cuntada ama helida cuntada wac 1-888-711-1151, isticmaal [aalada lagu wada hadlo](#), ama [buuxi foomkan](#).

- **Xiriiriyayaasha Gaarka ah ee SNAP (SNAP Outreach Specialists).** Haddii aad u baahan tahay gargaar cunto, gaar u qaabilsanayaasha barnaamijka waxa ay ku siin karaan akhbaar kale oo ku saabsan helida Gargaarka Barnaamijka Gargaarka Kaabida nafaqada (SNAP) [Supplemental Nutrition Assistance Program (SNAP)]. [Ogow, sida la isu qoro loona isticmaalo manfacyada](#) si aad u gaarto go'aano warqaba oo ku saabsan gadashada cunto caafimaad iyo nafaqaba leh.
- **Macaawimada Cuntada (Food shelves).** Haddii ay ku haysato baahi cunto oo degdeg ah ama ay ku haysato dhibaato dhaqaale adiga oo aadan cunto gadan karid, macaawinooyinka cuntooyinka ee deegaankaagu waa ay ku caawin karaan. Qaar badan oo ka mid ah goobaha mucaawinooyinka cuntaddu waxa ay leeyihiin daaqaad gaarigu soo istaagi karo ama qaabab kale oo cuntada looga soo qaadan kara oo ilaalinaya amaankaaga. Akhbaar dheeraad ah waxaa laga heli karaa [Shabakada \(Second Harvest Heartland's website\)](#).
- **Aabka Cuntada Lacag La'aanta ah ee Ilmaha (Free Meals for Kids App).** Maadaama dugsiyada dowladdu ay xiran yihiin, bartani (site) waxa ay ku xirtaa caruurta ka yar 18 ka sano meelo laga bixiyo cuntooyin lacag la'aan ah oo nafaqo leh. [Isticmaal bartan \(Use This site\)](#) si aad u hesho in ka badan 400 oo meelood oo gobolka oo dhan ku yaal oo gobolku uu ku siiyo cunto lacag la'aan ah ilmaha, ama la soo bax (download) aabka gacanta (mobile app).
- **Gargaarada Cuntooyinka ee Ilmaha Iskuulayda ah:** P-EBT waa barnaamij qayb ka ah gurmada dowladda dhexe iyo tan gobolka si loo hubiyo in ilmaha iskuulayda ahi ay helaan cunto xilligan iskuuladdu xiran yihiin. Waxaana loogu tala galay ardayda Minnesota ee caadiyan la siiyo qadada iskuulka ee lacag la'aanta ah ama jaban. Qoysaska horey uga qornaa qaadana jiray Barnaamijka la yiraa [Minnesota Family Investment Program (MFIP)] ama kan la yiraa [Supplemental Nutrition Assistance Program (SNAP)] waxaa degdeg loogu siin doonaa ilaa \$325 ilmo walba (P-EBT) (looma baahna in wax fal ah la sameeyo) waxaana loogu soo ridi manfaca Kaarkooda Manfacyada ee (EBT) ga [Electronic Benefits Transfer (EBT)]. Haddii aadan helin manfacyada SNAP ama MFIP ilmahaagana la siiyo qadada iskuulka ee lacagta la'aanta ah ama jaban, laga bilaabo bisha Juun 8, 12:00 duhurnimo., waxa aad codsan kartaa kaarka P-EBT ga ([apply for P-EBT](#)) si aad u hesho ilaa iyo \$325 oo lagugu siinayo ilma waba si ay uga caawiso gadashada cuntada ee qoyskaaga.
- Dadka reer Minnesootanka ahi hadda waxa ay u isticmaali karaan kaarkooda manfacyada cuntada ee khadka telefanka (online) ee [Amazon](#) iyo [Walmart](#). Wixii faahfaahin waxaa laga heli karaa [halkan here](#).
- **Barnaamijka WIC (WIC Program).** WIC waa [Barnaamij ku saabsan nafaqada iyo caafimaadka dadweynaha \(public health nutrition program\)](#) oo la siiyo haweenka danyarta ah, ilmaha markaa dhashay iyo dhalaanka jira ilaa iyo shan sanno. WIC waxa uu fidiyaa wacyi-gelin ku saabsan nafaqada iyo gargaarada ilmo naas u dhigida ah, cuntooyinka kaabayaal ah, u gudbin barnaamijyo iyo adeegada kale ee ka jiri kara beesha. Si aad u codsato adeegyada WIC ga, wac Barnaamijka WIC, ([WIC Program](#)) ee ka jira beeshaada si laguugu qabto balan. Si aad u ogaato barnaamijka WIC ee deegaanka ka jira, waxa aad wici kartaa khadka ah 1-800-942-4030.
- **Barnaamijka Badeecada Kaabida Cuntada [Commodity Supplemental Food Program (CSFP)].** CSFP waxa uu siiyaa cuntooyin saxa iyo nafaqaba leh dadka waayeelka ah ee danyarta ah ee xaqqa u yeesha ee da'doodu ka weyn tahay 60 ka sanno. Cuntooyinka waxaa laga bixiyaa in ka badan 200 oo rugood oo gobolka oo dhan ku yaal. Si aad u ogaato rugta ay leedahay hay'ada CSFP oo kuu dhow aadna u codsato barnaamijka, ka baar shabakada [MDH \(MDH website\)](#) ama wac khadka 1-800-657-3942.

Gargaarka Dhaqaale ee la siiyo Ardayda Kuleejooyinka

Si loo caawiyo in ardayda kuleejooyinka dhigta, ardayda ilmaha leh iyo in qoysasku ay dhaqaale ahaan xasiloon yihiin xilligan uu dillaacay cudurku, ardaydu waxaa u sii socon doonta inay helaan lacagta gargaarka dhaqaalaha ah ee uu gobolku siiyo, xataa haddii ay ka tagaan qaar fasalada ka mid ah. Kuwaa waxaa ku jira lacagta lagu siiyo saacadaha shaqadda iyo waxbarashada isugu jira iyo deeqda ka bixinta haynta ilmaha ee ay ku tiirsan yihiin. Akhbaar dheeraad ah waxaa laga heli karaa: [Habraaca Gargaarka Dhaqaale ee Gobolka Xilligan COVID-19](#).

Gargaarada Ganacsiyada

Dhowrkii asbuuc ee la soo dhaafay, dhowr barnaamij oo gobolka iyo dowlada dhexe leeyihiin ayaa la dhisay si loo gargaaro ganacsiyada yaryar ee dhibku haysto xilligan cudurka COVID-19 uu dillaacay. Ganacsiyada yaryar, oo ay ku jiraan bixiyayaasha daryeelada ilmo-haynta ah iyo hay'ada samafalka waxaa dhici karta sidoo kale inay xaq u yeeshaan gargaarada ganacsiyada. Hase yeeshee, xaaladda barnaamijkan dowlada dhexe waa ay isbedalaysaa – waxaana dhici karta in la xiro – iyadoo la eegayo helitaanka lacagaha dowladda dhexe ee uu qoondeeyey Koongaraysku. Fadlan ka eeg

shabakada, sba.gov/disaster meesha barnaamijkan xaalkiisu marayo. Gabi ahaanba, hab raaca guud ee ganacsiyada yaryar, u isticmaal [bartan](#).

Ilaaha dowlada dhexe waxaa lagu daray:

- [Amaahaha Masiibada COVID 19 ee Maamulka Ganacsiyada Yaryar ee Dowlada Dhexe \(Federal Small Business Administration COVID 19 Disaster Loans\)](#)
- [Balaarinta Dowlada Dhexe ee Amaahaha Masiibada Waxyeelada Dhaqaale ee Maamulka Ganacsiyada Yaryar \(Small Business Administration's Economic Injury Disaster Loans\)](#)
- [Barnaamijka cusub ee Ilaalinta Jeega Shaqada \(New Paycheck Protection Program\)](#)

La talin kali-kali ah oo ganacsiyada la siiyo oo la xiriirta COVID-19 oo ka timaada ([ilaha iskaashiga SBA da \(SBA Resource Partners\)](#)).

Gargaarka Dhaqaale ee Bixiyeyaasha Daryeelada Haynta ilmaha. Barnaamijyadda daryeelada haynta ilmaha ee shatiga lehi waxa ay hadda codsan karaan deeq si ay u gargaaraan xilligan xaaladda degdegga ahi ay jirto. Dadka helaya waxaa la xushaa bil walba, deeqahaas waxa ay ka bilaabmaan \$4,500. [Wax ka ogow xaq u yeeladka iyo sida loo codsado.](#) Dhaqaalaha khaaska u ah goobaha haynta ilmaha ee la heli karo ka sakow, waxaa jira khayraado kale oo badan oo ay bixiyaan dowlada dhexe iyo tan gobolku oo ay heli karaan goobaha ilmaha lagu hayo iyadoo loo tixgelinayo ganacsi yar ahaan Dukumiintiyoo kaa caawin kara helitaanka khayraadyadaa ayaa la heli karaa:

- [\(Cabirida Gargaarka Dhaqaale ee Haynta Ilmaha \(Child Care Financial Support Matrix\)](#)
- [Gargaarka Dhaqaale ee Rugta Haynta Ilmaha ee Khadka \(Child Care Center Financial Supports Outline\)](#)
- [Gargaarka Dhaqaale ee Siiyaha Qoyska Adeegyada Haynta Ilmaha ee khadka \(Family Child Care Provider Financial Supports Outline\)](#)

Gargaarida Amaanka Caafimaadka Shaqaalaha ee Goobaha Shaqada

Ilaalinta Shaqaalaha ee la Xiriirta COVID-19. [Dukumiintigan ku saabsan ilaalinta shaqaalaha](#) ee Waaxda Shaqada iyo Shaqaalaha ee Minnesota (Department of Labor and Industry), iyo Waaxda Xaquuqda Aadanaha Minnesota (Minnesota Department of Human Rights), Waaxda MN ee Shaqada iyo Horumarinta Dhaqaalaha (MN Department of Employment and Economic Development), iyo Hay'ada (Minnesota OSHA) waxa ay hayaan akhbaar ku saabsan Ilaalinta Shaqaalaha ee la xiriirta COVID-19, oo ay ku jiraan isticmaalka Sharciyada Xanuun ku Maqnaanshaha ama kuwa Ehel Xanuunsan ku Maqnaanta [Family Medical Leave Act (FMLA)], takoorida, oo ay ku jiraan akhbaar ku saabsan u fududaynta macquulka ah, manfacyada shaqaalaha shaqo la'aanta ah la siiyo, xaqqa shaqaalaha shaqada ku dhaawacma, isbedelada xaaladaha shaqaalaha iyo amaanka iyo caafimaadka goobaha shaqada.

- **Su'aalaha ku saabsan lacagta iyo xaquuqaha kale ee goobta shaqada iyo waajibaadyada** kala xiriir Waaxda Shaqada iyo Shaqaalaha ee Minnesota (Department of Labor and Industry), khadka telefanka ah 651-284-5075, 800-342-5354 ama dli.laborstandards@state.mn.us si lagaaga jawaabo wixii su'aalo ah.
- **Su'aalaha ku saabsan maciinada ama arrimo kale oo la xiriirta takoorid goobta shaqada ah** kala xiriir Khadka Waaxda Xaquuqda Aadanaha ee Minnesota ee Takooridaha (Minnesota' Department of Human Rights Discrimination Helpline) ee Waaxda Xaquuqda Aadanaha ee Minnesota (Department of Human Rights) ee ah 1-833- 454-0148 ama [khadka halkan \(here\)](#). Adeego Safiraad/Turjumaad ah ayaa la heli karaa. **Su'aalaha ku saabsan cudurka COVID-19 iyo Xaquuqda Muwaadinka ka eeg shabakadan, [booqo shabakadan \(website\)](#).**
- **Su'aalaha ku saabsan amaanka goobaha shaqada iyo la xiriirta caafimaadka** kala xiriir Hay'ada Fulinta OSHA ee Minnesota (Minnesota OSHA Compliance) osha.compliance@state.mn.us, 651-284-5050 ama 877-470-6742. Afaf kale ayaa lagu heli karaa khadka telefoonka. . Wixii kale ee dheeraad ah ee ku saabsan gargaarada goobta shaqada booqo kana eeg [halkan \(here\)](#).
- **Su'aalaha ku saabsan inaad xaq u leedahay manfacyada shaqaalaha dhaawacma la siiyo iyo kale,** kala xiriir Waaxda Shaqada iyo Shaqaalaha ee Minnesota (Department of Labor and Industry), 800-342-5354 (taabo 3) ama dli.laborstandards@state.mn.us
- **Su'aalaha ku saabsan manfacyada shaqaalaha shaqo la'aanta noqda la siiyo,** ka eeg shabakada www.uimn.org si aad wax badan uga u ogaato ama aad u codsato manfacyada.

Canshuurta

Maalinta canshuur xareynta dib baa loo dhigay oo waxaa laga bedelay Abriil 15 keeda oo waxaa laga dhigay Luulyo 15, 2020. Qaar badan oo ka mid ah rugaha canshuurta lacag la'aanta looga xareystaa waa ay joojiyeen gargaaradii canshuur xareynta ahaa ee ay bixin jireen. Kuwani waa qaar ka mid ah khayraadyada kaa caawin kara adeegyada la xiriira canshuurta iyo habraaca.

- Ka xareysiga canshuurta ee lacag la'aanta khadka internetka (online): Ka ogow akhbaar badan oo arrintaa ku saabsan iyo xaq u yeelashada [Waaxda Canshuuraha ee Minnesota \(Minnesota Department of Revenue\)](#)
- Afaf kale: ku hel akhbaarta canshuurta [afaf kale](#)
- Lacagaha Saameynta Dhaqaalaha loo bixinayo: [Ka ogow wax badan oo ku saabsan lacagaha saameynta dhaqaalaha loo bixinayo](#), oo sidoo kale loo yaqaan kobcinta dhaqaalaha ee dowlada dhexe

Gargaaro kale oo Dheeraad ah ee Qoysaska

Hoos waxaa ku qoran qaar ka mid ah khayraadyada gargaari kara waalidka, mas'uuliyiinta, ama cidii kale ee ilmo haysa.

- [Khadka Tooska ah ee Heerka Qaran ah ee Gargaarka Waalidka \(National Parent Helpline\)](#)
- [Khadka Tooska ah Gargaarka Ilmo-Dhalidda ka Dib ee Caalamiga ah \(Postpartum Support International Helpline\)](#)
- [Ilmaha Ilmaha iyo Qoysaska ee MDH ee COVID-19 ka \(MDH Child and Family Resources About COVID-19\)](#)
- [Khayraadyada Beelaha Minnesota ee Daryeelaya Ilmaha la Korsanayo iyo Adkaysiga Xilligan uu Coronavirus \(COVID-19\) ku Dillaacay. \(Minnesota Communities Caring for Children Resources for Adaptation and Resiliency During th Coronavirus \(COVID-19\) Outbreak\).](#)
- [Shabakada \(website\) Iga Caawi Inaan Koro \(Help Me Grow\)](#)
- [Sheekada Bulshada ee af-xirka iyo Sheekada Bulshada ee af-xirka iyo Gacmo Gashiga \(Mask Social Story and Masks and Gloves Social Story\)](#)

Ciyaarta (Playworks) waa BILAASH, [ku Ciyaar Guriga \(Play At Home\)](#). Ciyaartu waa wax maskaxda dhista, oo laf dhabar u ah koritaanka caafimaadka qaba ee ilmaha, xijaabtana saameynta xun ee walwalku keeno. Ciyaarta waxa aanu ku baranaa wax wadaagida, wada xaajoodka, wada jir u xalinta khilaafaadka, iyo xusida waxa wada-jirka noo soo wada mara ee wanaaga ah. Sii wada ku ciyaarida ilaha barayaasha ee qoysaska ee (Playworks) ka BILAASH ka ah [kuna Ciyaar Guriga \(Play At Home\)](#).

Khadad kale oo Toos ah oo Dheeraad ah oo ku saabsan COVID

- [Khadka Tooska ah ee Su'aalaha Caafimaadka \(Health Questions Hotline\)](#): 651-201-3920 ama 1-800-657-3903
- [Khadka Tooska ah ee Xarunta Hawl-galada Xaaladaha Degdeg ah ee Gobolka \[State Emergency Operations Center \(SEOC\) Hotline\]](#): 651-297-1304 ama 1-800-657-3504

Ku Xiritaanada Khayraad Qoysaska ay Saameeyeen Rabshadihii Dhawaan Dhacay

Waa aanu og nahay in qoysas badani aysan haysan dukaan deegaankooda ku yaal oo ay ka adeegtaan, farmashiye, iyo gargaaro kale rabshadihii dhawaan dhacay ka dib iyo khasarihii ka dhashay geeridii George Floyd, gaar ahaan Minneapolis iyo St. Paul.

- [Ku Xiritaanada Khayraadka \(Resource links\)](#) ah ayaa lagu aruuriyey shabakad (website) ku meel gaar ah si ay u caawiyaan gargaarada qoysaska iyo beelaha beledkan iyo dibadaba, oo ay ku jiraan gargaaro dhanka caafimaadka miyirka ah, rugo cuntooyin laga heli karo, rugo bixiya daryeelo caafimaad iyo akhbaar kale.